

PRESENTED BY:
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Dane
County

TEENAGE MENTAL HEALTH AND THE COVID-19 PANDEMIC

NAMI DANE COUNTY

NAMI Dane County is the founding chapter of the National Alliance on Mental Illness which is the largest grassroots mental health organization that provides advocacy, education and support to individuals impacted, including loved ones, by a mental illness.

There are affiliates in every state, including over 40 in the state of Wisconsin.

We provide support groups, educational classes, community presentations and provide a support line, at no cost to the Dane County area.

50 % of mental health conditions will present by age 14, while 75% will present by age 25.

ADHD (9.4%), Behavior Disorder (7.4%), Anxiety Disorder (7.1.%) are the most prevalent mental health diagnoses for children/youth (3-17). Depressive Disorder accounts for about 3% of mental health diagnoses.

Treatments rates are highest for children and youth with Depressive Disorder (8 in 10), Anxiety (6 in 10) and Behavior Disorder (5 in 10) are the next highest.

Rates of mental health diagnoses have been steadily increasing in children.

<https://www.cdc.gov/childrensmentalhealth/data.html>

TEEN'S MENTAL HEALTH DATA

Make	Make sure that there is open communication about what challenges or needs a teen may be experiencing during the pandemic.
Encourage	Encourage a predictable routine for your teen that includes exercise, adequate sleep, healthy foods, “downtime” and time to socialize with peers and friends.
Talk	Talk to your teen if you are noticing a substantial difference in behavior.
Promote	Promote limiting exposure to social media and the news. Be open, informed and willing to discuss and hear the opinion of your teen and support them in their passions/goals in an increasingly polarized society.
Talk about	Talk about your own mental health and feelings on a regular basis.

STRATEGIES FOR DEALING WITH A MENTAL HEALTH CONDITION



Teen Mental Health in Wisconsin

MENTAL HEALTH Mental and emotional well-being are paramount to school success. While many factors outside of school can influence a student's mental and emotional well-being, school environments can also influence a student's positive or negative mental health. The 2019 YRBS included questions related to depression, anxiety, and non-suicidal self-harm.

Nearly one in two students reported anxiety (49.0%). This was an increase from 39.9% of students in 2017.

More than two out of three girls in 10th and 11th grades reported anxiety. Other groups with very high anxiety levels are listed in the chart

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SUICIDE AND HELP SEEKING The YRBS asks students a series of questions about suicidal thoughts and behaviors during the past 12 months, each with greater severity.

15.7% seriously considered suicide. • 13.0% made a plan.

7.4% attempted suicide.

Although ten-year trends are towards more suicidal ideation, suicidality remained unchanged from 2017 rates for Wisconsin students overall and for males, females, white students, and Hispanic students.



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- Black students reported significant decreases from 2017 in considering suicide (23.2% to 11.2%) and planning suicide (20.2% to 11.1%); the number of black respondents who reported on suicide attempts in 2019 was too small to report

42.0% of students who are LGBT have seriously considered suicide, but only 19.0% of students who are LGBT say they receive the help they need when in emotional distress. The gap is similar for students with low grades (24.9% considering suicide while only 13.0% receive the help they need.)



Accepting Help

The “help gap” is even worse when looking just at students who are considering suicide: students who are considering suicide are half as likely as their peers to say they get help “most of the time” or “always” (13.0% vs. 27.0%); 66% of students considering suicide said that they “rarely” or “never” receive the help they need.

We must close this Gap!

PLACES TO FIND SUPPORT IN WISCONSIN

NAMI Wisconsin <https://namiwisconsin.org/>

NAMI Dane County <https://www.namidanecounty.org/>

Wisconsin Family Ties <https://www.wifamilyties.org/>

Wisconsin Facets <https://wifacets.org/>

WSPEI <https://wspei.org/>

NAMI Dane County support line: 608-249-7188

Suicide Prevention Hotline: 1-800-273-8255

<https://namiwisconsin.org/lets-talk-about-mental-illness/>